

ABSTRACT

Title:

Aplication of athletics jumps to the handball training

Objectives:

Verification of the effectivity of athletic jumping training for bounces in handball.

Methods:

Applying a method of an experiment with pretest and posttest to both controlling and experimental group created by a random check. Preliminary testing of all of the probands, after that the application of a 10-week-long athletic training with the two half-hourly periods a week for the experimental group of the probands and final testing of all of the probands again. The testing batch has been chosen considering both the athletic and the handball tests. Single excercises at the traning have been chosen under authority of the literature, the consultations and my personal experience.

Results:

The athletic jumping training is effective for the developement of the bouncing skills of handball players. The probands of the experimental group reached within the tracking period considerable improvement in most of the excercises. The results improved approximately of 6,5% (single tested excercises at the intervals from 0 to 11%).

Keywords:

athletics, handball, jump, bounce, coordination, fitness training